Yi 2
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Gout to p 347

Rheumitalgia 347

Tooth Ache — 355

Arthropuosis 356

Neuosis — 357.

Apoplexy — 372-

periods of life, or diffirent seasons produce both Species. — In the general, the Phlogis= =tic occurs before 40 - the asthenic in the decline of life. The two Species are fur= =ther influenced by ~~habit~~ constitution & by the remote causes. Delicate persons descended from gouty ancestors, & women, are most subject to the asthenic. The greater the number & the force of the remote causes the greater probability there is of its being asthenic. - Distilled Spirits from their greater ~~indirect~~ stimulus, be more frequent use are more apt to produce asthenic, than Wine - & of the Wines the low & acid ones ~~the~~ more than madeira - or Lisbon - - Hence the frequency of all the cases of asthenic gout that have been mentioned

+ I shall add to this history of the gout three observations. 1 The ~~Inflamed~~ Gout is generally fatal before 50, when it occurs before 25 or 20. 2 An absence of regular fits of the gout where no change is made in the diet, is always to be feared. ~~It~~ It is apt to ~~be~~ lead to Atonic Gout.

among great ~~Lead~~ wine drinkers, especially Dyspepsia - palsy - & apoplexy. - I have known it produce phlogistic Gout in the feet in a few cases, but it was in persons who used great exercise. One of them was an Indian at Fort Pitt, who cried out with the pain of it so as to be heard at a great distance. + - The phlogistic is further distinguished by a tense full pulse.

It remains now only to inquire for what manner the occasional causes act so as to excite the disease in habits previously disposed to it. ~~by flatter~~ These causes are deep: They act in two ways viz: by the abstraction of direct Stimuli, or ~~to~~ by the action of indirect Stimulus. - In both ways debility is induced,

We proceed now to the meth^d of Cure. And here, Let us inquire, is it a curable disorder? ~~Dr~~ Sydenham tho't it was, and he looked forward to posterity for the discovery of a medicine for that

purpose. That time is not yet come. Many nostrums have been proposed - but all have failed - ~~after~~ & covered the names of their Authors with Shame & contempt. I shall have occasion to mention some of these nostrums hereafter. — I do not wish to limit the bounds of human inquiry, but according to our present systems of Animal Oeconomy, it does not seem probable that a radical Cure for the Gout will ever be found in a medicine of any kind. ~~not even in the human~~ But it is not an invariable

~~The Cure of the Gout is naturally divided into the phlogistic & asthenic we shall begin with the Phlogistic~~ — disorder. I believe in a certain State of it it is a certainly within the empire of our Art as a pneumony, or an intermitting fever. — The remedies for it are the total disuse of all the remote causes which induce it. But who that has the power strong inclinations for the pleasures

Reading or for venus, & the
of the table whose wants of power of gratifying
them or who that is devoted to the stimulating
pursuits of ambition ever did relinquish any
one much all of them for the benefit of dura-
-ble and perfect health? — If the belief of fear
of future punishment, have not been able to
restrain men from the, gratification of their
appetites, it is not to be expected they will
be restrained by the fear or even the re-
-membrance of a fitt of the Gout. —

I speak the more confidently of the
efficacy of temperance - exercise &c in eradi-
-cating the Gout from having heard off & observed
the effects of them when imposed by necessity, or
involuntary poverty. Men who have been
reduced by misfortunes to temperance & labour
have been perfectly Cured. Children descended
from gouty parents, who have descended likewise
in their rank, so as to be obliged to work
constantly & to live temperately, have

+ Dr Adair mentions three cases of radical cures by Regimen. The patients he says shd. begin to use low diet, during a fitt of inflamm. gout. —

extinguished the gout in their families, and have themselves lived free from it. I knew an instance of a west India merch^t who failed in business in this city, & was confined by a merciless creditor to our Goal for near 2 years. He entered with a phlogistic gout on him, but from the change in his diet & manner of life, he soon recovered from it, & lived the greatest part of his life free from it. It returned only in consequence of such a change in his fortune as to enable him to renew his ~~con~~ friendships with the pleasures of the table. — The temperance and ~~co~~ labor or exercise - to be effectual in eradicating the gout should be constant - moderate - and should be continued for several years. In some cases, half a life time perhaps may be necessary. — This regimen is practicable only in the phlogistic gout, or in the asthenic when it occurs before the middle or decline of life. — † But we must not dissent our patient

in the gout, altho' he will not submit to a radical cure. Its fitts may be moderated, their return ~~by~~ rendered less frequent, and life may be prolonged, by means of palliative medicines. These will ~~not~~ be more or less effectual in proportion as they are joined with suitable diet & exercise. —

The ~~application of these remedies is~~ treatment of the Gout for these purposes, is divided into the phlogistic & asthenic species.

We shall begin with the phlogistic.

And here a Question occurs such as we have asked upon many former diseases. Is there any precursor of ~~the fitts of~~ attack of the Gout? — Yes — ~~things~~ pangs in the feet — want of appetite or sickness at stomach — & excessive appetite the day before — ~~with~~ all indicate the approach of a fitt of the Gout. In this case of evident debility — the warm bath to the feet — rest — ~~&~~ a bit of mad: wine — & perhaps a dose of laudanum would carry off the disorder, & afford a

v Perhaps the efficacy of wine in this stage
was cited Dr Brown — After inflam^{n} action
has taken place, it is certainly hurtful.
Genl St Clair says a few doses of ℔ carries
off a fitt before it is completely formed.

temporary respite from it. V

~~In curing the~~ The indications in the phlogistic ~~gout~~ Spines, are

1 To moderate esup of action in the arte=rial System during the fitt of the gout, & 2ly to prevent as much as possible the frequency of its recurrence. —

To the 1st Indication belongs ~~the~~ moderate 1st Bleeding. — I am satisfied that it is both a safe and useful remedy. Dr Lister tells us that he used it with advantage, ~~&~~ in the inflam: gout, & that he always found the blood covered with a tiny crust. For my part in a true phlogistic gout seated either in the limbs, or lungs, I shd have no more hesitation in bleeding, than I shd in an acute Rheumatism. — In favor of the practice I have not only the authority of Dr Lister, but of Cullen & Dr Sydenham him=self. The bleeding to be safe, shd be moderate, perhaps topical - in general - best. -

It is true copious bleeding terminates the fitt at once, but it disposes to more frequent accession, or to asthenic Gout, as appeared frequently in the practice of Sir James Jay in London. This boasted remedy ~~was to~~ 320 of blood, & a powerful sweat which was said to be an american root. —

I said formerly that debility was the predisposing cause of the phlogistic gout ~~the~~ as well as of inflam^y fever. How then shall be reconcil^d the use of a debilitating remedy such as Vs: with a previously debilitated state of the body? This at first light appears a difficult question, ~~to the~~ but it may be easily resolved by the same analogies & principles by which I formerly explained the proximate cause of fever. Viz ~~upon very common & natural principles~~ conclusion — go to p: 318.

In the phlogistic gout there is excess of action, produced by the application of stimuli, or by the abstraction of accustomed

stimulus upon a system predisposed to this excess by debility. — But whence this excess? why is it not proportioned to the degree of the exciting cause? — To answer this question let us turn our eyes to other parts of the operations of Nature. —

1st a calm, or light & dying breeze at sea, may be considered as a state of debility in the atmosphere — It predisposes to a current of air — But is this current proportioned to the loss of the equilibrium in the air? — By no means — It is violent, and excessive, and tends to the destruction of the works of both Nature & art. —

2 a long continued drought may be considered as a state of debility in the productions of the earth. It predisposes to rain — But always does this rain descend in gentle showers so as to be absorbed by the thirsty ground? By

— The destruction of the works of nature & art by inundations of creeks, & rivers bear witness to the contrary. —

3 The papions are given to man on purpose to aid the slow & feeble operations of reason. — But ~~are they~~ is their action always proportioned to the causes which excite them? — If they were, the precepts of religion & morality would have been given in vain, for the principal design of them is to restraining or irregular their excess of action. — An acute pneumony or Rheumatism in consequence of a trifling injury offered to the system by the ~~heat~~ coldness of a Church, or the heat of a dancing assembly room, are but faint images of the immense disproportion between a trifling affront, & ~~the~~ that excess of a papion of revenge which seeks for gratification in murder — whether by poison — assassination or a duel. —

4 The same excess of action appears

in the passions of public bodies. — A hasty or insolent word of no ~~importance~~ mischievous influence has often produced convulsions — and even revolutions in States & communities.

But let us return again to the human body, & we shall find in it, many more analogies of the disproportion between Stimulus & action. —

5 A single ~~dib~~ castor ~~of~~ Oil, tho' rejected from the Stomach upon its first effort in vomiting has in One instance (that came within my knowledge) produced a vomiting that lasted near 24 hours. ~~Here the action is out of all~~ Here is this all — an injury done by a Syrpit to the Stomach has not been forgiven in twenty years. Here is Action & duration beyond all kind of proportion to the cause wch excited them.

6 A grain of sand or dust ~~on the~~ after being washed from the eye, is often followed by such an inflam^n or suppu

+ great the Variety may appear in the
number & manner of these Operations,
uniform all.
one principle governs them Nature
It would be easy to travel over the
~~is an Unit & the same in all her works~~
~~space therefore and apply the~~ works of
Nature in the physical moral-political
& natural world, & to shew instances of
~~an injurious, defect~~ excess of action from an
debility, attended with destructive consequences,
but this would be foreign to our present
Subject. I assume therefore & apply the
principles of excess of action following
debility ~~& this~~ as a law of nature; ~~&~~
as much so, as that ~~a stone when thrown~~
~~in the air falling from the Attraction of~~

of action in the eye so to require repeated bleedings - purging - & blistering to remove it.

In ~~a night~~ many similar instances of the disproportion between cause & effect might be mentioned, not only in the Animal Oeconomy, but in every other part of the ~~works of~~ operations of nature. — For how = ever =

Could we comprehend the ~~wonderful~~ & ineffable sublime system of the natural & moral government of the world, I am sure we should discover nothing in it but what tended ultimately to order & happiness. But there is evil in the world. We see it - we feel it - our bodies as well as our minds are full of it. The operations of Nature - originally the ministers ~~of nature~~ ~~by that nature fallen~~ only to man are of divine goodness, ~~is~~ now the vehicles of all his evils. - In religion - when we worship the Sun - ~~an~~ or a Cat - a Crocodile - or the devil - we follow nature - In morals, - when we ~~commit theft~~ lye - steal - or commit murder or adultery: we follow

~~the cause of~~ the formation of ice from the Abstraction of heat; - or the pain from a broken or dislocated bone. -

+ while I maintain ~~the~~ the principles & language & I have deliberately used, respecting nature I beg that it may be remembered that from the beginning it was not so. The operations of the natural & moral world were originally in the Unison with order & happiness - and revelation informs us that the time will come when the dominion of order shall be again restored, over every action of the body & mind. Then will every Operation of nature in each both, have for their & Objects only health & peace, & constantly terminate in them. Return to p: 26 N° 1 - of Lect: of 1790

Nature — and in medicine when we indulge
every passion & appetite of our patients, and
prefer diseases, & ~~on~~ hemorrhages on the surface of the body
to those in the lungs & brain, to bleeding & blistering, — we
follow nature. In religion — in morals, &
in ~~nature~~ physics — the ~~instincts~~ operation of nature, leads alike
to error & destruction. The ~~doctrine of instinct~~ idea of a physician
being only the servant of nature, & ~~all~~ ~~the~~ mode of
the ~~prime~~ theories & practice which are founded upon
~~it there~~ it, I thus publickly reject as the
paganism of medicine. —

If a few instances of the salutary operations of nature should be picked up in the history of diseases, they can no more invalidate the charges that I have brought against her, that a few rational sentences in a ~~the~~ mad interval of madness, should protect a lunatic from confinement, or his estate from being sequestered for the benefit of his family. —

+ great allowance must be made for the difference of state & Society in Britain & America. In Britain all diseases are more Atonic - In America we are an 100 years behind them. —

The principles & practice which I have delivered have been the foundation of my practice, not only in the Gout, but in other diseases for 20 years, and I think I have had no reason to alter them. I know they are contrary to the principles of Dr Brown, & that they lead to a method of treating the Gout directly opposite to that which he has recommended. — But who will venture to use Stimuli in a phlogistic Gout when he reflects that the man who recommends them unfortunately perished under the use of them in a fit of the apoplexy? — + — But Dr Brown admits the use of VS: in Rheumatism — ~~no inflammation~~ — now an inflammation Rheumatism is as much a disease produced by previous debility as the Gout. I contend therefore for the same remedy in both diseases, but in a much less degree in the Gout — for the debility which produces it, is much greater, & the exsp of action which follows it much

+ It is very remarkable that as soon as the Symptoms of excess of action appear ~~visible~~ in the feet in the phlegistic gout, the Sickness at Stomach, & all other Symptoms of previous debility disappear from every part of the system, just as the chilly fitt (the Signs of debility in an inflam^y fever), ~~disappear~~ as soon as the excess of action ~~is completely~~ discovers ~~formed in a~~ itself in a high fever ~~quick beat~~ - or a tense pulse.

+ Genl St Clair rode in the stage with a woman who had been relieved by years of Gout by taking ℥ 30 mornings. The General relieved by it for 2 years —

lep than in a Rheumatism.+

In a future lecture, I shall endeavour to explain the resources of the Constitution which supply this excess of action. It will come under consideration more properly when we treat upon some other diseases particularly the tetanus & mania, in which a much greater excess of action occurs than in inflam^y fever, and often much greater debility. In the mean while we shall proceed to mention the other remedies for the paroxysms of phlogistic gout. —

2 Lenient purges - Jalap is generally given for this purpose+ - but if the stomach & bowels are affected by flatulency, the tincture recommended by Warner this be preferd. —

3 Low diet - If the stomach is troubled with acidity, a little animal food may

+ The matter discharged is sometimes very acid — The relief instant from it. Ia Dr Pye in med Obs:

be given. Beef tea is excellent for this purpose. - If this shd not agree with the Stomach, the white meats (as having least stimulus) may be given taken with safety. —

4 Is a Vomit proper in this Species of the Gout? Dr Small in the Med. Observations tells us that he always took one in the beginning of a fit of the Gout, & never failed of finding relief from it. & why not? It is to be depended upon the same principle as Vomits in an inflam. fever. In both cases it is necessary to take down excess of action. Dr Stuber's case of a British Lieutenant in the Bettering house - always cured by a Vomit +

5 Is a Blister proper in the phlogistic Gout. Dr Chalmers's practise. I have used them with success in several cases, & never saw them do any harm. B: M Cranchan & Griffith's cases. +

6 Is cold proper to the affected part? —

I know that the contrary practice is universal, & that patience & flannel are the first things recommended in the Gout. But Dr Small tells us he never applied flannel to his feet, but exposed them to the action of the cold air which abated his pain & shortened the fitt. Every Arg.t in favor of cold air in rheumatism or Inf.y Small pox applies to the leg of cold air tho' in a less degree in the phlogistic Gout. I have heard of the limbs being plunged into cold water with benefit by a Gent.n in this city. To render this practice safe, we ought to see how there is no mixture of Atonic Gout with the tonic. —

Are applications of any kind proper to the affected parts? — Acid Stimulating ones are very improper such as Camphor &c

9 + 3 the excitement of ~~the disease~~ the system by a stimulating passions or emotion pro=
=per ? - Vide Thomas's story . Shd. be used with Caution - & only when Opium is improper.

Volatile Salt, — but gentle ones by opening the pores give great relief — I have long used a Cabbage leaf to great advantage. I was taught it by a Gent[n] from S[t] Carolina. — molapses too agreable — I once ~~[illegible]~~ had a severe attack of it in the knee with a weak solution of Opium in ~~water~~ Spirit & water.

8 Is Opium proper in the phlogistic Gout? — Yes — as soon as the evacuations before mentioned have been used — & why not? we use them under the same Circumstances to abate pain & cough in Rheumatism & pneumony. — It is more necessary in this, than in other inflam[ns] as the return of debility after excess of Action is subdued, is very apt to dispose to asthenic Gout. — +

I have but more Observation to communicate under this head, & that is

+ In a particular manner, we prevent that most deplorable Symptom the Gravel by raising our patient more speedily from his back, a position of the body which dis= =poses very much to that disease. —

to advise your patient to ~~the~~ use his limbs as soon as possible by walking. It strengthens ~~prevents~~ the ~~con~~ limbs, & thereby prevents a early & frequent returns of the disorder. —

By the treatment of a fitt of the Gout we has been mentioned, I am satisfi= =d the duration of it may shortned - its violence & pain abated - & the strength of the system preserved for many - many years. + — By the contrary practice of aban= =doning him to patience - & flannel & = =out the aid of medicine, we ~~precipitate~~ dishonour our profession - weaken the system - pre= =cipitate the asthenic Gout - & thereby in= =crease the misery, & shorten the life of our patient. —

We come now to the 2nd. genral in= =dication in the Cure of phlogistic Gout,

which was to prevent the recurrence of the fitt. —

The remedies for this purpose are

1 Temperate diet — particularly milk & vegetables. — milk is nourishing without Stimulus — & its Nourishment is composed of animal & vegetable matter. Mr Dicken^s. greatly relieved by eating it for Supper. If high tonic powers prevail in the System they are having less nourishm^t. sh^d be preferred, or milk diluted with water. — The Vegetables sh^d. not be vapid — nor too nourishing. Sallads and ripe fruits are too cold — Potatoes — turnips — & green pease & c^a. are improper. The Drink should if pobible be Water. — This has done wonders in weakening the violence & frequency of fitts of the Gout. But if this is objected to, weak wine & water, or weak small beer may be used.

Dr Sydenham used the latter. The white wines are to be preferd in water. Spirit is less proper - has its stimulus soon spent - has no nourishment, & leads to intemperance. ~~intemperance~~.

2 The Abstraction of all the ~~remote~~ exciting causes formerly mentioned. —

2 Moderate Exercise. This shd be of the active kind. Dr Sydenham recommends riding on horseback - but this is improper in the Atonic. Walking is the best species of Activeexercise. - But it should be moderate - & never - never to such a degree as to excite fatigue. - Remember the Golden Adage. "Omne nimium - est natura - inimicum". — A long walk attended with fatigue - has in an hundred instances brot on a fitt of the Gout. To prevent fatigue, men should walk alone - & only

+ It should be avoided with double care in the Spring & fall at which time fits of the Gout are most apt to recur. —

for a limited time or distance. Dean Swifts practice. If labor with the hands or body is preferd as many be occupany in bad weather or in winter - it should be measured. The story of the man who carried a limited number of stones from one part of his Garden to another every day. — Bullitts used in Engd in bad weather. — These too violent - they excite Sweat & fatigue. Is not a boasted remedy - Temp enjoined in the use of it — It relieves for a while, but like expire &c. disposes to more frequent & more violent returns of it.

3 Avoiding all the remote & exciting causes, formerly mentioned. especially (a) Cold.

However necessary during the fitt of the Gout is improper when excess of action occurs in the intervals of it, for it is highly debilitating, & thus predisposes to fresh attacks of it. (b) Night watching

To "trim the midnight lamp, or "to hang o'er the sickly taper" to use the elegant words of Dr. Akenside, ~~is to perform~~ is at all times improper for a gouty patient. Evening entertainments, & above all the amusement of gaming which is of all mental employments the most stimulating & fatiguing, should be avoided. A gouty patient has committed an error when ever he sits up later than 10, or at furthest 11 o'Clock at night. (c) Excess in the lawful use of venereal pleasures. (d) The sudden disuse of habitual exercises of body or mind. This advice is of the utmost importance. As military men, & great politicians are seldom afflicted with the Gout during the active season of a campaign, or of a session of a legislature. It is generally after the abstraction of the stimulus which the exercise

of the Understanding & passions upon the ~~most~~ interesting subjects of national glory & personal ambition ~~that~~ imparts to the system that they sink into fits of debility & gout.

(c) Improper, or excessive evacuations by V.S. or purging. — Shd Bleeding be indicated - only purge - & shd purging be indicated, try to remove the disease w.h in other habits w.h justify it, by lopping for a few days, the usual quantity of aliment. —

4 Are Issues proper to prevent a return of the Gout? - Yes - I have heard of ~~one~~ One case & seen another [Mrs Collins of Dalton seated in Stomach & liver] ~~=ulcerated arm~~ in w.h they have been used with Success. They create an artificial weak part, & thus save the limbs from plethora produced by accidental or occasional excesses in diet. + phlogistic

5 Are Baths proper to prevent the Gout?

+ Is the excitement of a highly stimulating
papaw, or custom proper? Major Skene's
Story. — Should be used with great caution,
& never till excp

– They have been much commended. The ~~fa~~ Duke of Portland's powder is composed of nothing else ~~I am inquiring the~~ all bitter they are ~~indirect~~ stimuli or sedatives ~~acording to Dr Cullen~~; of Course, the habitual use of them is as improper as the daily use of ~~Spiritous liquors~~ liquors. The Duke of Portland's powder has in many instances produced Dropsy - Asthma & Apoplexy – It is now generally laid aside. –

6 Is the Cold Bath proper to prevent the phlogistic Gout? In Summer it may be useful to abate the stimulus of heat, by lessening the sensibility of the system, but if the medicines before mentioned are used with care & perseverance, it will not be necessary. —

With this we finish the Case &c

prevention of the phlogistic Gout. We proceed now to the ~~cure~~ treatment of the Atonic Gout. Here I must premise two Considera=tions. I repeat again that the ~~That the~~ Atonic Gout exists in all ages – sometimes in ~~the~~ young, as well as in old Subjects. Its peculiar Symptoms were mentioned formerly. —

2 The phlogistic & Atonic Gout like ~~in~~ = = ~~Remittent Typhus~~ Different fevers often run into each Other. They appear sometimes in the same fitt & frequently in the same per= =son at different Seasons, according to the number & force of the remote causes. It is of the utmost consequence to attend to this remark. ~~Simple~~ Simple or Specific ~~Diseases~~ diseases are to be found in both, more frequently than in Sick rooms. Herein ~~Disease~~ Nosological Derangement yields to the perfection of Systems of Botany. But diseases must

+ ~~Both~~ In all cases, ~~Desease~~ Gout we are to begin the cure by stimulating ap=
=plications to the feet. Those should consist of flour & of mustard - Garlic - or Spanish flies. The first act most speedily. How made & where to be applied. When sud=
=den Stimulus is required a red hot iron, or boiling water should be preferred. — a more

be described seperately. Their combinations can be discovered & known only by a patient, & humble familiarity with sick people. —

In the management of the Spesies of Gout there are to in the former Spesies two Indications.

1 To relieve the patient ~~was~~ in the fitts of the Gout, &

2 To prevent a return, or mitigate the Violence of fitts by Strengthening the System. —

1 Indication. The Other remedies ~~will~~ shd be different acording the parts of the body the gout affects. The first & most common place where an Atonic Gout fixes is the Stomach producing pain - Sickness - & Vomiting; there Opium - Sal. Vol. - Wine - & Spirits are proper. The dose shd be limited only by the relief given. Viij of Wine - xxx of Spirits & even 200 drops of Ld: have frequently been found ~~to admin~~ necessary to give ease. They Should be alternated. If a Sickness only attends,

+ When – in the Eyeball – a Seton. and:
Hartzog's case – cured by it, after being
afflicted 11 years with it.
When – Vertigo – loose Shoes – Judge Ingersoll's
case. —

Camomile ~~tea~~ or Columbo root tea may be administred with advantage. If a Vomiting ~~sho~~ with Sickness, and the other medicines fail - Porter. ~~An~~ W^m. Wm: Nesbits case - at the same time plasters of Venice treacle Shd be applied to the stomach. - ~~As while we attend to the~~ ~~tongue and~~

When it appears in the bowels producing Colic or Diarrhoea - the same remedies are proper, joined with others to be mentioned hereafter in the treatment of those diseases.

- When - in the Brain - producing head ache delir^m Coma - or a disposition to palsy or apoplexy, - the remedies shd be, ~~Blisters~~ Blisters - purges - clysters - If any excess of action appears - ~~an~~ V.S. - According to Dr Fothergill - a Vomit +.

- When - in the Lungs - producing Pneumonia

Nothia - or Asthma - the remedies should be VS: - if excess of action takes place - If not, Blisters - Volatiles - & Opiates -.

When in the ~~kidneys~~ throat - the same. -

When - in the kidneys, or bladder - gentle laxative - ~~same~~ Clysters - Opiates. -

When in - mania - melancholly - or Dropsy, the remedies for those diseases.

The diet in every case of Atonic Gout should be generous. -

2 Indication - is to prevent a return, or to mitigate the violence of fits by strengthening the System. This must be done.

1 By generous or stimulating diet. Beef - mutton - venison - wild fowl ~~roast~~ boiled or roasted according to the degree of debility. The Dr warner - meals shd be divided - to prevent indirect debility being induced by excess of Stimulus. - The drinks

Even salt meat not hurtful - according to

+ In the Island of Madeira, 30,000 pipes of wine are made annually & 20,000 drank on the Island, & yet the Gout is but little known there. Pure Madeira wine drinkers, seldom afflicted with the Gout. To every pipe of Madeira are added 5 gallons of Brandy. — Perhaps this is because it is drank in a warm climate. The Gout like inflam: fevers most common in variable climates. The same of Coffee - ~~seldom~~ seldom produces diseases when drank where it is cultivated.

should be sherry - madeira + - or ~~old~~ new old Tenerife - or Xyal wines. If the Stomach rejects them Brandy & water shd be indulged till the Stomach can be braced by tonic medicines. These must be ~~especially first of iron in large doses~~

2 ~~By tonics~~ Chalybeates - bitters - ~~as~~ Cp. commended by Dr Cullen - less safe than others - lest - there shd be any latent inflam: - diathesis mixed with it. Garlic to be pref: to them all.

3 Moderate exercise - this shd be Gestation especially on horseback. This, as well as riding in a Carriage, sometimes forbidden by gravel or stone. - Dr Franklin Speech in Paris. - Friction with fumigation - & Jactation, or Swinging to be used as substitutes for them. Great remedies in Rome.

4 Avoiding all ~~the debilit~~ debilitating causes, especially cold & moisture.

~~Thence~~ warm climate often restores the system & prolongs life. The practice in Rome & Portugal. - where this

cannot be Obtained - the body shd be kept warm by Stove = rooms - & flannel, - & the feet by Cork Soles - or painted canvas, & the outside of the shoes or boots being lagged by the following liniment. ℞ Linseed Oil ℔ i; mutton Suet ℥ss Bees Wax ℥ss. Rosin ℥ii. mix to be applied warm or melted. Used first by a Fisher= =man in the reign of Queen Elizth -

5 By indulging in such Amuse= =ments & passions as gently stimulate without debilitating the mind. Sir Wm Temple who was much afflicted with the gout - preferred the Society & conversation of Childn as his principal Amusement in the decline of life: & an officer who had served under Prince Ferdinand in the last English war in Germany found him some years after the peace, playing nine pins with his Brittish Children.

6 In the warm Bath proper: an universal

remedy for Gout in Rome. Long used with success by Dr Franklin. —

I have only to add 1st that in all acute diseases in Gouty patients - you shd. have your eye on this constitutional disease, & prescribe accordingly. E.G: where there is predisposition to Gout, dont use a sudden change in diet, or too copious evacuations. Mr Wesley's case from Ol: in the fall. Further, by keeping your eye on the Gout in acute diseases, you will be better able to explain new, & anamolous symptoms. — ~~In all chronic diseases suspect the Gout appr. if parents or predisposing causes have existed or hereditary diathesis have existed~~

2nd As in Children's diseases we are directed always to have our eyes on worms, & in women's diseases, on the state of the menstrual discharge, so in all Chronic diseases, we should

† Sometimes it is mistaken for <u>ven.ᵉ</u>
pains from its attending, or following
ven Sores. I believe it is often simply
rheumatic, and produced by the disposi-
-tion to receive it which is produced by
taking ℍ & being exposed afterwards to
heats & colds. —

with more reason, suspect the presence of the Gout, especially if remote or exciting causes or hereditary diathesis have existed in the constitution. —

Rheumatalgia

I have brot this disease in, in this place from its relation to Gout. I define it "Obstinate pains in the ~~joints~~ muscular fibres, ~~of~~ or the joints, ~~caused by cold & motion~~ without fever". —

It is distinguished from the Gout

1 By ~~not~~ affecting chiefly labouring people, Soldiers are much afflicted w: it ~~as also old people. Pain in the bones part of the disease~~ 2 By seldom, or never affecting the ~~head~~ stomach, or internal parts of the body.

— It is distinguished from Scurvy, Lues Ven: disease, by the fœtid breath, Gums &c in the former disease, & the purulent sores in the latter. † —

+ But this defect of action in some habits, is connected with too much tone in the vessels, ~~because~~ ~~a vicinity occurs~~

+ degrees of inflam^{n} tone, & debility which occurs in this disorder. —

It often follows acute Rheumatism, but I have frequently seen it without it. It is generally a disease of humble life, but I have seen in persons of rank ~~whatever~~ especially if they have exercised their limbs much in walking. Surveyors are very subject to it. It seems to hold a middle place between Gout & Rheumatism. It is to Rheumatism the ~~w:~~ Atonic, is to inflam: Gout. Its predisposing cause is debility - from debilitating accessories. Its proximate is defect of action. It is an obstinate as well as painful disorder, & has brot much discredit on our profession. - But "nil desperandum" Shd be the motto of every physician. I shall therefore mention the usual Remedies, especially those I have found most successful. Perhaps one cause of often being unsuccessful in the treatment of this disease is seated chiefly in the san: system. The indication of cure

~~Its proximate is defect of action.~~

+ There is a peculiarity in the Diet, & Drinks of patients which deserves to be attended to. in this disease - Cyder & even a ripe apple encreases it. as in Mrs Hubley - Mrs Archer & Jon.a Mifflin's cases - It shows 1 the intimate connection between the stomach & surface of the body. 2 That the disease like the Gout is a disease of the whole system - & 3.d That there are evidently two states in - tonic and atonic - The first from the remains or mistake of Inflam.n dialthesis - Where this is the case the diet sh.d be milk & veget.s or only white meats. It is to be resorted in young & robust subjects, & recent cases - When wholly atonic - the diet should be generous. It

is to excite the action of these Vessels. The remedies for this purpose are internal & external. The internal are

1 Nitre - this is proper only when there is a relict of inflam^{y} diathesis in the disease. I think I have seen it used with advantage.

2 Vol: tincture of gum guajac. Dr Dunean's remark - Shd be taken in large doses.

3 gently stimulating Drinks, especially Sassafras tea.

5 Mercury - a Salivation - best raised by Ointment. 6 suitable diet. ~~Mr McClay's case~~.

4 Cort penn; and tincture of Polebervis.

The External remedies are.

1 Cold Bath - ~~proper like nitre when some action is left in the system~~. As this is the first time I have mentioned the cold bath, & as I shall have

was brot on by sudden Abstinence from
wine in Mr Clay at 50 years of age. We
often hear of a sudden alteration in diet from
full - to low - & low to full - curing this &
many other diseases - Wherever this is the
case, the presumption is that the State of the
System has required them, ~~vice versa~~ In the latter
case - the ~~for~~ low diet may have been necessary
to take down ye remains of infl^y^ diathesis, so
as to have made the full diet salutary & successful.

occasion to mention it frequently hereafter, I shall pause & endeavour to explain its operation. —

Cold is a sedative, & of course a debilitating remedy, — Why then use it in a disease produced by defect of action? To this I answer that 1st that direct debility generally excreases the excitability of the system. The body when plunged in cold water suffers a temporary debility. The temperature of its external surface is reduced to nearly the temperature of the water. — Hence, when it comes out of the water it is exposed to the action of the external air, which is so much above that of the body that its acts as a powerful stimulus upon it — the more so in consequence of its excitability induced by the debilitating effects of the cold water. To form a just conception of the stimulus of the heat

+ You see here that the cold bath acts in the same way in producing temporary Action, that cold air acts in disposing to inflam^{n} fever. Heat must succeed in both cases to set the Arterial System in motion. The further, we extend the simple principles, we began with, the more they explain the phenomena of diseases. — Boys who go into swim in cool weather soon feel the difference between the air & water — hence they are warmest when under water.

of the air in this case, let me ask w.: would the feelings of a body at 96°: be in a heat of 116°:? would not the pulse be quickned, & the circulation of the blood be greatly in=: vigorated?: now a body that comes out of cold water the temperature of w.: is at 52°: (for y.: is the medium heat of pump water) and suddenly breathes an air at 72° is as exposed to nearly the same degrees of relative heat as the body which breathes an air of 116°:—I say nearly, for the surface of the body when it comes out of the water contracts some heat from the blood as soon as the air begins to act upon it.: But fur=: ther—the pressure of the water, or its impulse if in a shower bath, & lastly the panic infused into the mind, all concur to render the cold bath a highly stimulating remedy.

you see here then greater debility induced to favor the action of stimulus, - be in consequence of stimulus, excess of action temporary ch. w: when frequently repeated, terminates in health. The Cold Bath sometimes does harm — this happens ! when the Vessels are ~~so torpid that~~ so much excited that a too great excess of action, or of too long duration is produced. This appears in head ache, or in pains in the breast which sometimes succeed it. I once knew it produce haemoptysis from the mode of operating I have mentioned. Or 2dly When the Vessels are so torpid, that no action is excited by any of the stimulating causes that have been mentioned. - This appears in languor - chillings &c ch. w: sometimes succeed the use of the Cold Bath. It may be obviated by the previous use of the warm bath, or by frictions, or by using the water of a more moderate temperature. —

A 2d external remedy is the Warm Bath. This is proper only in cases of great torpor or defect of excitability.

3d Frictions. 4 Flannel next to the skin; - It should cover the whole body. Women Shd wear drawers. - Flannel blankets to be preferd to Sheets. In Summer Cotton may be used & - muslin Sheets at all times instead of blankets. -

5 Electricity - Should be applied in moderate shocks, Otherwise it produces indirect debility. -

6 External Stimuli - Dr Baldinger's Ointment made of ℞ ℈ ʒj axung: porcin ʒj ol: alos vol: lap: Lint: with Camph: Opium & ol: Succin: applied to the limbs. I have done good the w: the last. Liniment of Camth: & mixed with Ether - and flour of mustard with water.

7 Warm Climate. This has often eradica-
-ted it. - But - only proper where no mid-
-time of inflam.y diathesis. —

8 What kind of exercise is proper? Riding
from being partial - is hurtful. The lower
extremities not exercised at all. Walking
to be useful shd be moderate. Fatigue here
is - extremely injurious. The diminution
in medicine, does as much harm, I be-
-lieve as in eating or drinking. —

9 Are Blisters - or issues proper? - Only
when they
~~when~~ excite inflam.y & action. Caustics
for this reason are to be preferred. The
potential One used with Advantage.

The Rheumatalgia affects the
Loins - the lumbago - the hips the Sciatica,
the muscles of the head the head ache, &
the jaw the tooth Ache. —

+ Dr Pottenger speaks in high terms of ℥
in the case of Sciatica. –

V It likewise alternates with the Rheumatismus & Rheumiticula. The great Secret then of treating each of them is to attend to the condition of the System as in fever & consumption, and to vary the medicine every week – ~~day~~ every day – nay every hour – if a change in the pulse should indicate it – for ~~being~~ as it is a disease wholly of the sanguiferous System – the pulse seldom or never deceives us in it. All the difficulties & delays and mistakes in the treatment of this disease have arisen from not comprehending 3 instead of

The same remedies wh: are proper in genal Rhumitalgia proper here. Cotton - or wool in lumps have cured the Lumbago, & Sciatica, when applied to them†. The Rheum: =mitalgia in the head - a painful disease. ~~and it~~ After all the above remedies have failed, I have known it cured by a sweat of the vapor of vinegar applied to it under a blanket. — The Rhumitalgia alternates wh: pain in cough of Pneumonia, & often ends in consumption — not the toothache - ~~and~~ cured by emulsion, but if objections arise to it — Opium in the tooth - or opium pth wh: ginger pepper - & any adhesive substance appd to the face. But there is a species of Rhumitalgia in the jaw, wh: is not occa= =sioned by decayed, or inflamed teeth. It is accurately described by Dr Boltongill. I have seen 3 cases of it - in one of wh: it proved fatal - & perhaps in a 2nd by an

two species, & from not watching their grades & transitions ~~etc~~ into each other. - From what I have observed ~~of~~ the bad effects of first naming diseases, and then prescribing for those names, I have sometimes been ~~tempted~~ disposed to wish that ~~the names of~~ diseases had no names. I think much mischief would thereby be prevented. —

translation of the disease to the brain, for he died apoplectic. — ~~I~~ Dr Pettengill supposes it to be a cancerous humor, from the same pains in different parts of the body occurring, which precede cancers. He cured it by Hemlock. He saw only 14 cases of it in the course of his life. ~~I~~ His patients were chiefly women, & in the decline of life. It differs in many symptoms from Rheumatism. See his works. —

Carbunculosis

" Deep - Obtuse - ~~dis~~ constant pains often after a contusion, in the joints & muscles - ~~a~~ diffused tumor - no inflam^n. - hectic fever - & the swellings terminating in Abscess".

— I have seen four or five cases of this disorder. It is often fatal. ~~It~~ eludes Bark & ℥ — Have twice cured it with Thorow-wort — or perfoliatum - called in Maryland Cowtongue - probably from the roughness of its leaf.

by the excess & defect of stimuli. — The defect of Stimulus, produces excess, & excess of Stimulus produces defect of Action. Here I am met with a difficulty. In what manner does defect of Stimulus produce excess of Action? — Dr Cullen supposes the debility induced by the Absence of an usual Stimulus, rouses the vires naturæ med.x to defend themselves from injury, & hence the increase of Action, or what he calls reaction of the System. I cannot admit this explanation. I would rather suppose one of two things takes place. either that the Abstraction or Absence of an usual Stimulus produces such a degree of uneasiness in the System as to act as a Stimulus upon it, & thus to excite it into Action. I think usual phenomena favour this supposition. Darkness suddenly induced is an Abstraction of a Stimulus, & yet who has

not felt it as a most ~~pain~~ unpleasant
situation. I suspect there is always a quick-
-ness of the pulse induced by this sudden change
in the system. ~~or~~ The debility induced by
the Abstraction of a usual Stimulus may
be such as to make the system ~~more~~ liable
to ~~the~~ be acted upon with greater force by
~~the~~ other ~~time~~ stimuli. Eg:- If with a habit
predisposed to the Gout, I take a strong purge
- or lose ℥20 of blood - or ~~suddenly~~ reduce my
body by a sudden fitt of Abstemiousness, - I greatly
increase its excitability in such a manner
that the slightest Stimulus ~~with~~ such as
a warm ~~woon~~ - a
a tight shoe - or garter - an indigestible
piece of biscuit - or Cheese - ~~&~~ or even
a single act of my will in a
~~interval~~ ~~&~~ thought, or passion are
all sufficient to produce a fitt of the
Gout. The last explanation accords best
with the simplicity of our system, & the
Analogies mentioned upon former occasions,

most of the nervous diseases mentioned by Dr Cullen - in our country from test laws - tender laws & paper money. If these should be for ever banished from among us by our new political institutions, I think I could offer several facts to prove that a free government will be friendly to general health, and that fevers will be the natural passports from this world to the next, to all true republicans. +

But there is another cause that will always determine the greater or less prevalence of nervous diseases in our country, - & that is, the greater or less influence of the christian religion upon the minds of our citizens. The excess or defect of action in the passions is the principal cause of nervous diseases. Now these can be perfectly & justly

regulated only by the precepts of christia-
nity. — Peace of mind — hope — & occasional joy, ~~with~~
~~the greatly invigorating effects of contract acts~~
~~of charity & benevolence,~~ are its constant fruits,
~~in the~~ and these exercise the most friendly
influence upon the appetite — the digestion — the
circulation of the blood, & all the secretions. —
— Hence arises a new argument in favor of
the truth of our religion. It is not only more
favourable to public & private happiness, but
to health & long life than any other religion
that has ever existed in the world. I speak
only of Christianity as revealed in the new
testament, and in the hearts of men. There
are tenets held by some sects of ~~christians~~ which are
~~so imposed upon the world for~~ so far from
having a friendly influence upon health,
that they are more calculated to produce Hypochondriasis —
melancholly — & ~~&~~ & madness than those worst of nervous
diseases. ——

I have already treated of those nervous diseases which affect the blood vessels chiefly — as gout — apoplexy — palsy — Hydrophobia tetanus nausea — and all the other diseases of the mind. I shall now treat of those which come into the body primarily thro the medium of the nervous system & affect it chiefly. In the nervous system I include the muscles.

go to No 9: to 38 Catalepsy. Brain.

× When I speak of ~~the effects of~~ morbid action, ~~or a defect of it~~ appearing in the arterial, or ~~arterial~~ nervous systems, I hope you do not suppose that I mean that they can always exist separately. The nerves & blood vessels are so intimately connected, that one system of them cannot be disordered without in most cases affecting the other. ~~By~~ most of the diseases ~~of this class~~ before us affect the nerves primarily - & afterwards bring the ~~arterial~~ blood vessels into action, as ~~they~~ we left affected the arterial system primarily. ~~I shall consider those first & then the~~ But there are some diseases of the nerves which as I said before do not move the ~~arterial~~ vascular system, or so gently, that ~~it would be~~ by the motions excited in it are not worth our notice. I shall begin with the first - & gradually proceed to those diseases which are simply nervous, and here I shall follow Dr Cullen in reducing the Diseases of this class to Orders - Genera & Species.

To designate half the diseases of the human body, by the names of Nervous, ~~to divide them into Sthenic & Asthenic~~ is in my opinion much more than much more improper to divide them into Sthenic & Asthenic, & to prescribe accordingly. ~~for the same disease one half Sthenic & Asthenic, and~~ It is as absurd in Nosology, or theory as it is to purge the mouth ward - to bleed the South ward, or to blister - the cells of a hospital. If a Physician means to ~~deprive~~ suspend or lull idle curiosity asleep in his patients by calling their Diseases Nervous - or whether he means to cover his reputation in all cases, by never risking his fallibility, in both instances to descend it from the dignity & simplicity of Science.

1790 Jan.y 7.

In considering the Neuroses, I have promised to proceed in the following order – first those wh. affect both Arterial & Nerv: System – 2dly those which are accomp.d with excess & defect of Action 3dly those wh. have only defect & lastly those in which an Absence of Action seems but resembling death. I need not mention that the last will include – only Syncope & Asphixia. —

In pursuing this Disorder, I must de-part from Dr Cullen's Arrangement of Orders of Neuroses. — My order shall be Comata – Spasmi – Vesaniæ & Adynamiæ.

Comata

Neuroses

1 Impaired Sense & Motion without dispa-rity fever, or local disease

Comata

1. A Diminution of voluntary motion, with
" ~~Sleep~~ Sleep; or a loss of Sense, or motion"
The degrees - are Coma - Lethargy - Coma - & Paraplexy -
& Apoplexy.

" a ~~Expation~~ Suspension of all the voluntary motions, with Sleep, the motion of y^e^ heart & Arteries still remaining": Sometimes proving - Dioting? from natural Sleep by coming not arousd.? & no fullness or undulating preceding it. ~~for~~ I adopt in explaining the cause of this disease, Lennal of the principles I delivd? on the Subject of Consumption / It is a dis= =ease of the whole system. & 2^ly^ Its predispo= =sing cause is general debility. I infer this from the habits it attacks - viz: such as have been debilitated by Insanity, or pug^t^ intoxication & the old people. - This predisposition is much encreased by a large head & short neck, & corpulency just as the predisposition to consump^n^ is encreased by a narrow chest.

+ matter - purulent & mucous - & putrid -
the & cranium - blood effused in
water in Ventricles - Cerebrum - cerebellum -
Hydatids affecting the
- plexus choroides ~~& Arachnoid~~ water in Theca
vertebrarum - pineal gland enlarged from
an effusion of the blood. -

The proximate cause of it is excess or defect of action in the vessels of the brain, produced at first by indirect debility. —

This definition will exclude many of Dr Cullen's species. — But they shall all be included in other genera. E.g: the Verminata — Suffocativa, & Mentalis all belong to Hyposphacelus or Asphixia. for I hope to prove that they depend upon a spinal system — perhaps many affection of the lungs, & by that they affect the brain only in a secondary manner.

— I exclude likewise the Hydrocephalica. It belongs to Dropsies under the order of Apyrexiæ and Cachexiæ — already disputed under Phrenitis.

The excess or defect of Action in the brain is generally produced by congestion of blood, or water in the brain. This congestion is from intussusception or extravasation. The last a rupture & probably always fatal — It always of a Vein — for it is from Vein: plethora. But is prod: also by Hydatids — & other tumors.

The remote of it are intemperance in eating & or drinking or both, indolence — long &